



# Foundation Stones Newsletter



A newsletter from the Foundation for People with Learning Disabilities.



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foundation for  
people with  
learning disabilities

Newsletter: 2  
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# Learning Disability Awareness Training

We are running Learning Disability Awareness Training at our office in London.



This training is for anyone who wants to know more about learning disabilities and how they affect people.



We work with people with learning disabilities to run this training.



The training is being held on 28th February 2014.



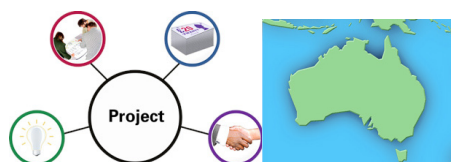
For more information see our website [www.fpld.org.uk/about-us/consultancy-training](http://www.fpld.org.uk/about-us/consultancy-training).



# FRIENDS for Life for People with Learning Disabilities



FRIENDS for Life teaches children and young people how to cope with anxiety and to feel able to deal with things that happen to them in a good way.



This programme was run in Australia.



We wanted to make this easy to use for children and young people with learning disabilities in the UK too.



We worked with a school in East Sussex to try out our ideas.



We have written a guide for people who use FRIENDS for Life to help them use this programme with people with learning disabilities.



To find out more about this programme please visit our website.  
[www.fpld.org.uk/health-well-being/friends](http://www.fpld.org.uk/health-well-being/friends)

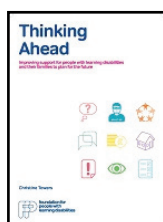


## Thinking Ahead

Last year we finished a project looking at helping families to plan for the future.



We wrote a report about how families felt about the support they got and a guide to help them plan for the future.



We have been working with some councils to help them think about how they can change how they help families to make plans for the future.



We have also got some money to make this guide easy to read for people with learning disabilities.



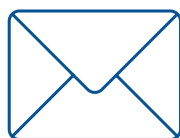
To find out more about Thinking Ahead, visit our website.  
[www.fpld.org.uk/friends-family-community/thinking-ahead](http://www.fpld.org.uk/friends-family-community/thinking-ahead)



# Get in touch with us



If you do not want to get any more of these newsletters, please let us know by Phone, Email, or Post.



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Found out more  
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**changing  
lives**